



HIGH ACHIEVERS

OFTEN FEEL

STRESSED

FEARFUL

LONELY

SAD

OVERWHELMED

WE GUIDE:

AWARENESS

INTEGRITY

SAFETY

AGILITY

CONFIDENCE

OWNERSHIP

OUR MENTORSHIP IS

HEART-CENTERED

SCIENCE-BACKED

EVIDENCE-BASED

INTERNATIONALLY CERTIFIED COACHING

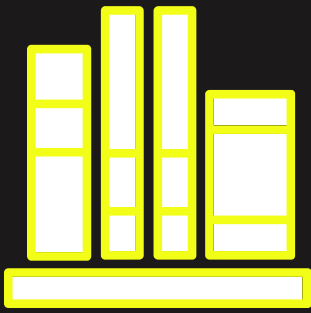
780.993.1760

INNERCOACHUNIVERSITY.COM



MENTORING FOR TEENS AND YOUNG ADULTS

EMPOWERING CONVERSATIONS



NOT THERAPY, ADVICE, OR COUNSELLING

This is a powerful conversation where we guide awareness to inner wisdom on personal challenges in order to make better choices & reduce the Negativity Bias. It is a safe space created by heart-centered, internationally certified professional coaches, using effective & interactive tools to support positive growth.

SPARKING CURIOSITY

Working with a coach promotes self-awareness, understanding of our brain's conscious and subconscious processing power, and supports accountability via exploring stress-relieving, positive-psychology strategies.

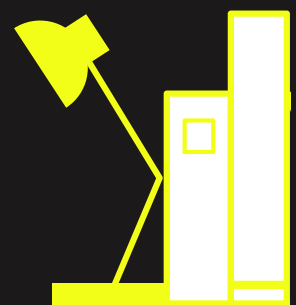


TEACHES COMMUNICATION

Speaking to someone other than our primary caregivers offers space to connect to our own long-awaited 'AHA' moments. This can create a perfect bridge to not only starting important conversations that may have felt thus-far unsuccessful with others in your life, but to pursue connection with openness.

SUPPORTS REFLECTION TIME

We are ok with difficult questions :)
Creating rapport and trust early on, we are trained to inspire with some challenging questions. This allows for a psychologically safe space, and an opportunity to slow down with extra time to truly think about more positive options to current thinking.



CHALLENGES BEHAVIOUR

We curiously and effectively engage the pre-frontal cortex to help clients come up with better choices. This awareness is an empowering and Future-Oriented approach that elevates self-confidence and agility to challenge our thoughts and change for the better.

BROADENS THE MIND

Approaching struggles from a positive mind-body perspective, we guide goals per session. Our Holistic and Science-backed approach helps impact all 4 major areas of well-being: Mind, Body, Soul, & Emotions. Having a personal coach impacts your life with Empowerment and Confidence, with a positive cascade of those effects into your relationships and coping strategies for life.



REACH US TODAY AT
780-993-1760

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45 MINUTE COACHING WITH 15 MIN PARENT DEBRIEF
OR
1 HOUR SESSIONS AVAILABLE NOW

\$150